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Tools for life



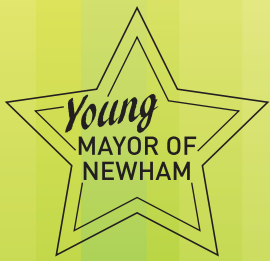
the newhammag

issue 232 // 28 October – 11 November 2011

Hands on the prize

Handball test event tickets,
rising stars and clubs (p8)





YOUNG MAYOR

2011

**YOUR
VOTE
COUNTS.**

www.newham.gov.uk/youngmayor

ym _newham

Who will you vote for?
Voting day: 2 November 2011

To find out more about the candidates visit
www.newham.gov.uk/youngmayor

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28 October 2011 // **issue 232**



The countdown to 2012 is well and truly under way and we introduce the first of our Inspiring People features where you can find out about an Olympic or Paralympic sport, read about a rising star or try out the activity

yourself. In this issue you could even win tickets to a handball test event (p8).

We're preparing dads for parenthood at our DADI Days (p19) and ask you to consider changing a child's life by considering adoption (24).

For all this and more read on.

Cllr Conor McAuley
Executive member for regeneration

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

MAG TEAM: 020 3373 4576

IN FOCUS: 020 3373 2684

STAFF PHOTOGRAPHER: Andrew Baker

To advertise in the mag call
Julie Madell on **07890 529 090**



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For all Newham Council services call
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If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU or email newham.mag@newham.gov.uk

The Newham Mag is printed by Woodford Litho Ltd and distributed by Letterbox Distribution.

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IN BRIEF //

Remembrance salutes planned

Mayor Sir Robin Wales will join residents in commemorating Armistice Day and Remembrance Sunday.

On Friday 11 November at 11am, Armistice Day will be marked at the cenotaph in Central Park, High Street South, East Ham.

On Remembrance Sunday 13 November there is a service in Central Park at 10.55am preceded by a parade from Newham Town Hall by the Royal British Legion at 10.35am.

Other services are at All Saints West Ham Parish Church, Church Street, West Ham, at 10.45am; St Luke's Memorial, Tarling Road, Canning Town, from 10.30am; and St Mark's Memorial, Factory Road, North Woolwich, at 10.55am, preceded by a Royal British Legion parade at 10.30am from Constance Street.

Priority for Olympic test events

Newham residents have a 48-hour priority booking for a number of Olympic test event tickets before they go on general sale.

The events are: Gymnastics, Track Cycling and Diving.

Residents can purchase tickets from 9am on 15 November, closing at 9am on 17 November. Visit www.ticketmaster.co.uk/londonpreparesseries and enter priority code NEWHAMPREPARES. Tickets are limited and are purchased on a first come, first served basis. See pages 8 and 9.

Invitation to dance

A Remembrance Day Tea Dance will take place on Friday 11 November at the Old Town Hall, Broadway, Stratford. Anyone aged over 50 is welcome to join in from 1.30-4.30pm. Tickets cost £2 and include entry into a raffle. Spaces are limited. Book by calling 020 3373 7511.

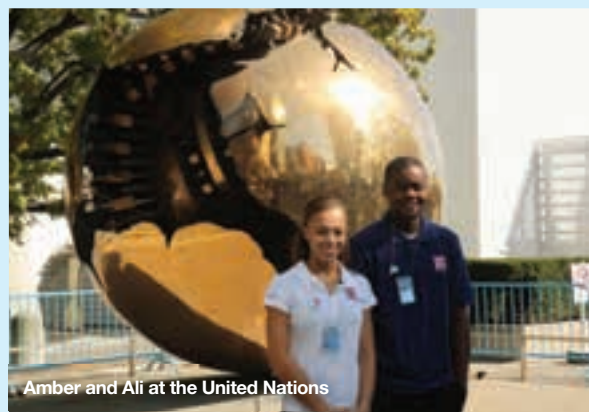
Pledge for Games to promote peace

Newham Young Mayor Ali Mohamed and former East Ham resident Amber Charles went to the General Assembly of the United Nations in New York to deliver the Olympic Truce Resolution for the 2012 Games.

They joined Sebastian Coe, chair of the London Organising Committee for the Olympic and Paralympic Games, in delivering the truce resolution, which calls on nations to use sport to promote peace. It also commits the Games to inspiring young people.

Amber, 21, a former pupil at St Angela's School, Forest Gate, who now studies in America, delivered London's official bid for the Games to the International Olympic Committee in 2004.

Young Mayor Ali, 18, said: "The Truce encourages nations worldwide to lay down their weapons and think about the things that unite us – like sport – rather than what separates us."



Amber and Ali at the United Nations

Fined for owning banned dogs

Newham Council has successfully prosecuted a mother and son for owning pit bull terriers, which are banned in the UK.

Susan and Luke Johnson of Gad Close, Plaistow, admitted possessing the dogs, which were seized from their home in May. Under the Dangerous Dogs Act 1991, it is illegal to own pit bull terrier type dogs in Britain.

Luke was sentenced to 30 hours at an attendance centre and ordered to pay costs of £7,270. His mother Susan was given a two-year conditional discharge and ordered to pay costs of £4,328. The dogs were ordered to be destroyed by Stratford Magistrates' Court.

Cllr Unmesh Desai, executive member for crime and anti-social behaviour said: "These dangerous dogs should not be out in the community."

If you have concerns about dangerous dogs contact the council's animal welfare service on 020 8586 9739.



One of the dogs seized



News

Getting money in the bin

Newham Council is set to bid for at least £5m from a Government pot that encourages councils to keep weekly bin collections or switch from fortnightly pick-ups.

The new £250m fund will be available from April for authorities that also show the potential to increase recycling or reduce littering.

Councillor Ian Corbett, executive member for environment, said: "We have a commitment to weekly bin collections and that will continue.

"Our finances are tight because of the coalition government's cuts to our funding. It will cost at least £5m over the next three years to maintain a weekly waste and recycling collection service. Any money we can get will help us keep the services people want and deserve on a weekly basis."

Last year Newham saved £370,000 through recycling and is set for bigger savings this year. From April to September the council's enforcement officers also issued more than 4,500 fixed penalty notices for littering.



Tailor's shop waste folly

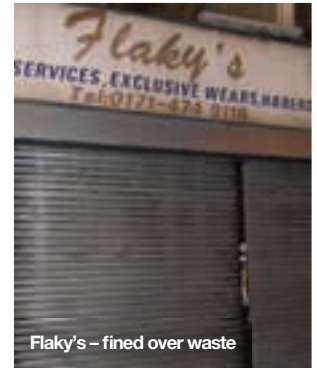
A tailor's shop which did not present waste transfer documents to Newham Council enforcement officers has been cut down to size.

Flaky's, of Barking Road, East Ham, was fined £1,000 and ordered to pay £400 costs by Stratford Magistrates' Court. All businesses by law must complete full notes showing how and when they transfer waste either to the council or to a licensed waste contractor for disposal.

Newham's street scene enforcement officers have been visiting all businesses to ensure their waste is disposed of properly.

Councillor Ian Corbett, executive member for environment, said: "Dumping waste illegally makes an eyesore of our streets and we will not stand for it. This prosecution is a signal to all businesses that we will not tolerate those who break the law and show appalling disregard for our residents and their neighbourhoods.

"Most of our businesses are law-abiding. Some, however, are not and those are the ones in our sights."



Young musicians put on a show

Pupils from Forest Gate's Salisbury Primary School entertained delegates from local councils across the country at the National Children and Adult Services Conference, staged at ExCeL.

The fifteen year 6 pupils are all members of the council's Every Child a Musician (ECaM) programme and have been learning how to play the violin.

The 'Tough Times, Good Decisions' conference was an opportunity for the council to showcase Newham's innovative programmes such as ECaM, the Newham Volunteers scheme, 2012 Games legacy work and the transformation programme for adults social care.

Deputy Mayor, Councillor Andrew Baikie, and Councillor Quintin Peppiatt, executive member for children and young people, watched the young musicians in action.

Councillor Peppiatt said: "We now run ECaM in 61 Newham primary schools. Learning an instrument can contribute to improving literacy, creativity and intellectual development. We were proud to show other councils the success of our scheme."



Cllrs Peppiatt, back left, and Baikie, back right, with the pupils

Open to question

In November I will be holding two Question Time events, where I invite residents to quiz me on anything that affects the borough.

Question Times are valuable because I get to hear directly from you about the issues that matter most, from getting people into jobs to keeping our streets safe and clean.

In the most recent series of Question Times you told me that it is important for the council to protect the opportunities and the support we give to residents so that children, families, working people and retired and older residents can get on in life and help themselves.

“Question Times are valuable because I get to hear directly from you about the issues that matter most in your local area.”

This has directly influenced my Annual Contract, which is a list of my promises to you based around your five top priorities. If you have an idea to improve your local area, or if there is an issue in your neighbourhood you wish to tackle, I want to hear from you at Question Time.

If you'd prefer to meet me face-to-face I hold regular Here to Help sessions where you can raise personal matters with me directly – perhaps

when other agencies have been unable to assist you resolve the issue.

I hold four sessions a month where you can meet me in person and two telephone sessions where you can call and speak directly to me.

Here to Help surgery sessions are always listed at the back of the Newham Mag or you can visit:

www.newham.gov.uk/mayorssurgeries

For your local councillors' surgery times, go to www.newham.gov.uk and click on 'Your Mayor and Councillors'.

Come to Question Time

Saturday 5 November

10.30-11.30am
(doors open 10am)
Council Chamber,



Old Town Hall, 29 Broadway, E15

Monday 7 November

6.30-7.30pm (doors open 6pm)
Council Chamber, Old Town Hall,
29 Broadway, E15

Your priorities

- 1. On your side in tougher times** – ensuring every penny we spend delivers services that are important to you
- 2. Safer Newham** – being tough on those who blight the lives of the hard-working majority
- 3. Clean and green neighbourhoods** – making sure our streets are cleaner and our green spaces available to all
- 4. Opportunity for all** – ensuring residents benefit from the major investments in Newham
- 5. Active and connected people** – enabling neighbours to get together to enjoy themselves as part of a strong community



Mayor's view

Any excuse for a party

I was delighted to see so many people at our Let's Get the Party Started launch to encourage residents to get involved with, or organise, events to celebrate the 2012 Games.

Many of you had clearly thought about how we should be getting people together and arrived at the Old Town Hall, Stratford, with some great ideas from Olympic quizzes to craft, dance, cultural and music festivals. We'll be working with you on those in the months ahead.

This year we supported more than 100 street parties organised by residents and we want to see many more next year marking the Games and the Queen's Diamond Jubilee. We also expect our schools to play a major part in the fun and games.

We'll be visiting all the community forum areas to work with you on ideas, starting on 11 November at the New City Outreach Centre, New City Road, Plaistow, from 1.30pm. We really want to help you turn your ideas into reality.



Residents came with a host of good ideas

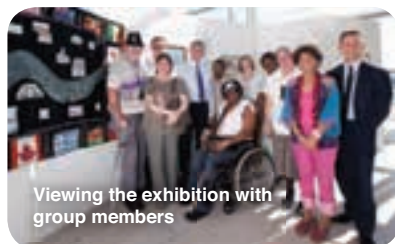
Games are a work of art

The Olympic and Paralympic Games has really inspired people to be artistic and creative, so I was very impressed by the exhibition staged by members of the East End Hamlets Art Group.

The group is based at the Grassroots Centre in Memorial Park, West Ham, and made up of disabled people who were former members of the art and craft workshops at the Greenhill Centre in Manor Park.

They have put a lot of hard work into designing panels for a Quilt of Nations that reflects not only the 2012 Olympic and Paralympic Games, but also the 1948 Olympics when London last hosted the games, as well as life in their local communities.

The exhibition has already been on display at the Old Town Hall in Stratford and at Canary Wharf and I'm delighted we are hosting it for a spell at the council's



Viewing the exhibition with group members

Newham Dockside offices where it can be seen by staff and visitors alike.

Anniversary of a special centre

They say that a community centre is more than just a building and that's certainly true of the Hartley Centre in Barking Road, East Ham, part of the Newham Renewal Programme.

Together with Councillors Quintin Peppiatt and Bryan Collier I attended the centre's 90th anniversary

celebrations and saw an exhibition of pictures, interesting objects and stories about the history of the centre and life in East Ham generally.

The exhibition has been put together with the help of local historian Dr Katy Pettit and offers a fascinating social insight into times past and the work of the centre in serving the people of East Ham and local communities over the years.

The anniversary celebrations were also a great way for local people, staff, past and present, and supporters of the centre to look back, but also to increase awareness of the centre's activities for the future. It really is a place that brings together people of all ages and cultures.



With front from left, Cllr Peppiatt, Katy Pettit and Renewal Programme chief executive Rev Canon Ann Easter. Back from left: Cllr Collier, Renewal Programme chair Mark Spencer Ellis and Ben Battle, past chair of the centre

with Sir Robin Wales

A handle on handball



Fast facts - handball

- > Handball is played by men and women with two teams of seven players who pass and dribble a small ball with their hands.
- > France won Gold in men's handball in the last Olympics, with Norway winning the women's Gold medal.
- > There will be 336 athletes taking part in handball at the London Games, competing for men's and women's gold medals.
- > After the Games, the Handball Arena will be adapted to become a multi-use sports centre for community use, athletic training and small to medium-sized events.



WIN! Get your hands on handball tickets

We have 15 pairs of tickets to give away to Newham residents for the London Handball Cup taking place on Saturday 26 November, from 11.30am-6pm, and Sunday 27 November, from 11.30am-3.30pm at the Handball Arena in the Olympic Park. Competing teams include Angola, Austria, China, Great Britain, Poland and Slovakia. To be in with a chance of getting on these tickets answer this question:

Which team won the men's gold medal for handball in the 2008 Beijing Olympics?

Email your answer with your name, address and telephone number before 11 November to Newham.Mag@newham.gov.uk or write to Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QU.



Priority Games tickets

Newham Council has arranged for residents to get 48-hour priority booking for a number of Olympic test event tickets before they go on general sale.

Gymnastics: O2, 10-18 January 2012

Watch some of the world's best gymnasts compete in artistic, trampoline and rhythmic gymnastics.

Track Cycling: Velodrome, 17-19 February 2012

The world's best track riders will gather for the final round of the 2011-12 UCI Track Cycling World Cup Classics.

Diving: Aquatics Centre, 20-26 February 2012

The 18th FINA Diving World Cup will be the first sporting event to be staged in the Aquatics Centre.

Residents can purchase tickets 48 hours before general release. Buy from 9am Tuesday 15 November until 9am Thursday 17 November. Visit www.ticketmaster.co.uk/londonpreparesseries and enter the unique priority code **NEWHAMPREPARES. Tickets are limited and are purchased on a first come, first served basis.**

Handball is a fast-paced game of speed, skill and stamina. With a dedicated Handball Arena forming part of the Olympic Park skyline, this little known sport has grown in popularity and is expected to attract substantial crowds during next year's London 2012 Games.

Handball in Newham

Handball was introduced to Newham in 2005 to help back the bid for the 2012 Games to be staged in London.

This quickly led to the formation of the Newham Flames Handball Club, which has gone on to play in international tournaments in Sweden and Germany.

Adults aged over 16 train every Friday from 6-8pm at Newham Leisure Centre.

Youth teams for under 11, 13 and 15, train every Tuesday from 3-5pm at Newham Leisure Centre.

To find out more about handball in Newham call Ari on 020 3373 0683.



Watch this face - *Trieu Ho*

The 14-year-old from Cumberland School, Plaistow, has been playing handball for just over a year. His love for the sport and natural flare has led him to train with Newham Flames' senior and junior teams.

Trieu was introduced to the sport at school. He said: "I'd never played a sport seriously before but I enjoyed handball as it was a quick game and not that boring. If my mates hadn't told me to join Newham Flames I'd probably not have got into it."

Handball is becoming more and more popular in the UK and is one of the country's fastest growing sports, something Trieu says is thanks to the Olympics.



The rising handball star trains twice a week with the Flames and complements his skills with Judo practice and fitness training. Playing with Team GB is Trieu's dream. He is taking part in U16s England trials and getting positive feedback from coaches about his performance.

Nominate an Inspiring Person

Nominate an inspirational resident and they could be rewarded with a pair of money-can't-buy tickets to some of the most sought-after events at the London 2012 Games.

We're looking for unsung heroes who make our borough great and show ambition, talent and dedication in any area of their life or the lives of others. You can nominate online from now until May. **Find out more by visiting www.newham.gov.uk/inspiringpeople**





Priority parking planned for residents

Residents are being asked to comment on plans to prioritise parking for residents and local businesses around ExCeL and the Olympic Park during the London 2012 Games.

These venues will attract large numbers of spectators, some of whom may try to park as close as they can to these venues. This will cause congestion and could lead to safety and security issues.

To manage traffic and parking during the Games, temporary resident and business parking protection areas are being proposed in Newham to prevent spectators from taking all the parking spaces near the venues.

Under the plans, residents and businesses near the venues who are in existing residential parking zones will be able to use their Newham parking permits during the Games.

Some new temporary resident and business parking protection areas will need to be created in streets near ExCeL

and the Olympic Park where there are no existing parking controls. Maps of the outline plans are available on the London 2012 website at www.london2012.com/accessandparking

The new parking protection area is planned to operate from Monday to Sunday, 8am – 9pm during the Games.

Further information for residents and local businesses about registering for parking, access and visitors' permits will be available when arrangements have been agreed in 2012.

To ensure the safety of visitors and residents around venues during the Games, there will also be temporary Traffic Management Areas, which will include temporary road closures and restricted turns. These will include managed closures at Manor Road and Canning Road, which will allow access to residents, businesses and the emergency services at all times. Further information will be provided in the coming months.

To comment on the outline parking plans, please contact London 2012 by 8 November 2011 at:

Email:
newhamparking@london2012.com

Telephone:
0800 0111 300

Post:
FREEPOST TRAFFIC AND PARKING ENQUIRY

London 2012 will consider any comments and update the plans as appropriate. London 2012 is unable to respond directly to individual comments, but a summary of the feedback received will be published on its website (www.london2012.com).

The formal consultation programme for traffic orders will start in late 2011. This is the legal process through which temporary changes can be made to public roads.

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Making sure your home is well-insulated can save you up to £255* a year on your fuel bills, as well as keep you nice and warm.

London Warm Zone is a not-for-profit organisation working in partnership with Newham Council to help homeowners and tenants renting from a private landlord with home insulation improvements.

All work is carried out **FREE OF CHARGE** if you:

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- are aged 60-69 years and are not in full-time employment
- are in receipt of income or disability benefits
- have children under 16 years and your annual income is below £25,000

DISCOUNTED installation costs from only £99 for all other residents.

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We make it easy for you with a free home assessment to check if your home's insulation could be improved. Call us now so your home is ready for this winter.

*Estimated saving of £255 a year is for a three bed semi-detached, gas heated property with full loft and cavity wall insulation installed. Figures from Energy Saving Trust, May 2011.



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in partnership with



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SOME PLACES STILL AVAILABLE!



COURSES AVAILABLE AT EAST HAM CAMPUS:

- Intro to Break Through to English **ENTRY LEVEL 1**
- Intro to Essential Skills for Work in English **ENTRY LEVEL 2**
- Intro to Exploring Work and Study in English **ENTRY LEVEL 3**
- Diploma in Business **LEVEL 1**
- Progression Diploma in Business (Pre Access) **LEVEL 2**
- Award in Business **LEVEL 1**
- Award in Health, Social Care and Early Years **LEVEL 1**
- Award in Hospitality **LEVEL 1**
- Award in Travel Services **LEVEL 1**
- Diploma in Health and Fitness **LEVEL 1**
- Certificate in Fitness Instructing (QCF) **LEVEL 2**
- Additional Diploma in Teaching English (ESOL) in the Lifelong Learning Sector **LEVEL 5**

COURSES AVAILABLE AT STRATFORD CAMPUS:

- Diploma in Retail **LEVEL 1**
- Step Up Award in Retail **LEVEL 1**
- Intro to Exploring Work and Study in English **ENTRY LEVEL 1**
- Intro to Break Through to English **ENTRY LEVEL 1**
- Diploma in Personal Progress **ENTRY LEVEL 1**
- Intro to Essential Skills for Work in English **ENTRY LEVEL 2**
- Diploma in Skills for Independence and Work **ENTRY LEVEL 2**
- Award in Online Basics **ENTRY LEVEL 3**



Call us on **020 8257 4446** or text your name and 'Oct2011' to **07624 805 933** or come and see us **MONDAY – FRIDAY 9.00AM TO 5.00PM**

STRATFORD CAMPUS:
Welfare Road, London E15 4HT
EAST HAM CAMPUS:
High Street South, London E6 6ER

YOUR FUTURE IN OUR HANDS
YOUR LOCAL SKILLS COLLEGE

POLICE, COUNCIL, ACTION!

The disturbances we witnessed with disgust this summer may seem like a distant memory but the culprits wanted in connection with the disorder are far from forgotten.

With your help, Newham Police has arrested almost 100 people wanted in connection with the unrest we saw on our streets this summer. The *Newham Mag* has highlighted the brazen chancers who thought they had the right to do as they pleased and you have come forward in droves to name and shame them.

This issue we bring you 25 images of people the police want to identify. Take a close look – do you recognise anyone? You may not know their names, but perhaps you know where they work or socialise. Any information you provide will be kept confidential and you do not have to give your name. Call 020 8217 5453 and quote the reference number on the image. If you prefer, you can also share information with charity Crimestoppers by calling 0800 555 111.

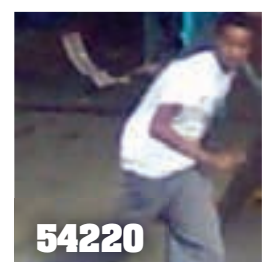
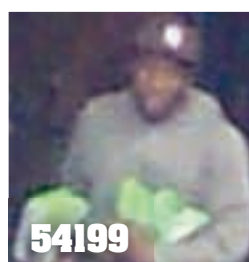
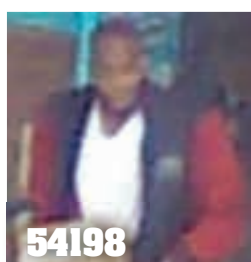
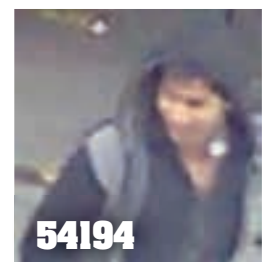
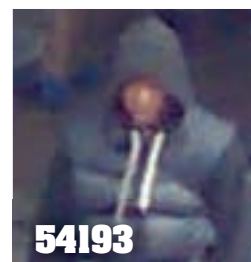
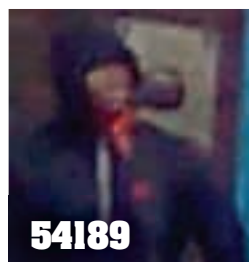
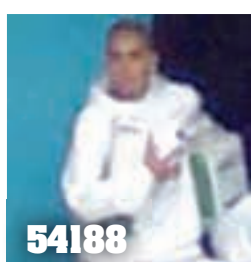
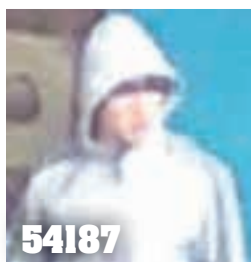
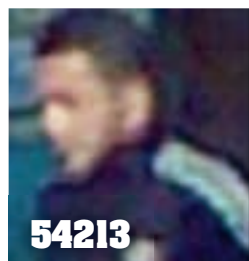
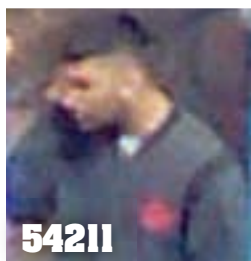
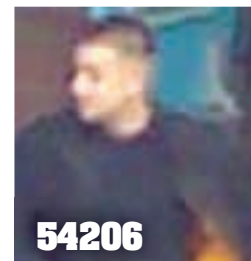
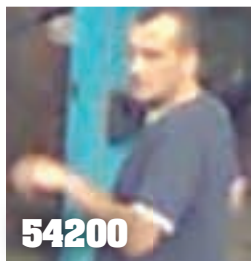
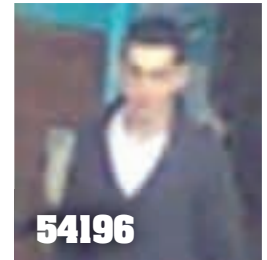
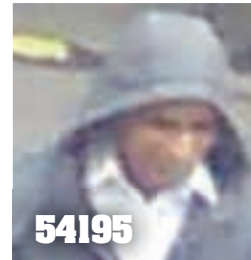
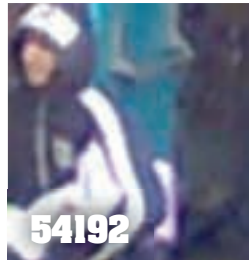
Newham London



Newham

Working together for a safer London

If you have any information on the identity of these people call the police CCTV unit on 020 8217 5453 and quote the reference number alongside the photo. Call Crimestoppers in confidence on 0800 555 111.





TURNING A NEW PAGE

Exciting 3-D plans of the new-look Stratford Library will be revealed for the first time next month. A special drop-in coffee morning will be held at the Old Town Hall, Stratford, on 16 November from 10.30am-12.30pm, where residents and library users will be able to get their views heard and find out more about the layout, operation and security of the revamped library.

The library is due to reopen next spring following a £2.2m upgrade, which will increase the number of services residents will be able to access. Other improvements include the expansion of the well-used study area, where the number of PCs will increase by 13 to 42. More community space will also be made available.

The council is transforming the way it delivers services to ensure it provides the best quality and value for money for residents. It will be offering better access to services by giving people new and easier ways to do business with the council.

Acting executive director of customer services, Milly Camley, said: "We are among local authorities that received the biggest cuts from central Government. However, unlike many local authorities we have not closed any libraries and we remain committed to keeping library services open.

"Moving Stratford Local Service Centre will save the council money and means that residents will be able to access more services from one location.

"We are not reducing library stock and the children's area will be retained on the ground floor to maintain easy access.

"You will be able to use other libraries across the borough while the refurbishments take place. We understand that residents will be inconvenienced in the short-term but we want to make improvements and protect the valuable services provided by libraries and Local Service Centres."

Other library improvements across the borough include the newly refurbished Canning Town Library, which is now open to residents. Beckton Globe Library, like Stratford Library, is also currently being refurbished and will re-open in spring 2012.

"We understand that residents will be inconvenienced in the short-term but we want to make improvements and protect the valuable services provided by libraries and Local Service Centres"

For more details please see www.newham.gov.uk/libraries



Newham London

Welcome to Queens Market

A great shopping experience all under one roof

NEW Sunday trading times: **12noon - 6pm**

NEW traders and car boot sellers are welcome. Introductory offer £10 per pitch.

Green Street, Upton Park E13

Trading Days and Times

- Tuesday 9am – 6pm
- Thursday 9am – 6pm
- Friday 9am – 6pm

- Saturday 9am – 6pm
- AND Sunday 12noon – 6pm

For more information telephone **020 8475 8971** or visit **www.newham.gov.uk**

QUEENS MARKET

Right next to Upton Park Tube, Green Street, Upton Park



Newham London

**is this
my room?**

Fostering what would you say?

For a career that's financially and emotionally rewarding call us free on

0800 013 0393

newhamfostering.co.uk



Newham London

Starting school in Newham

Reception class places for September 2012

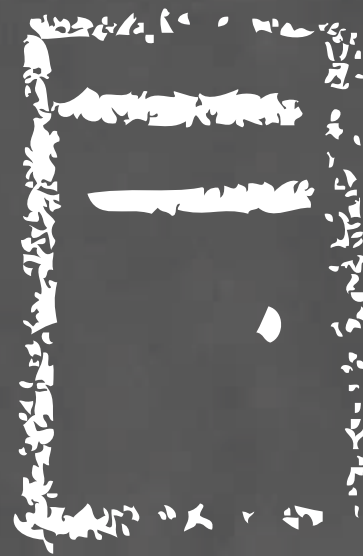
If your child will have their 5th birthday between 1 September 2012 and 31 August 2013 you need to apply for a reception class place now.

The deadline for a reception class place for September 2012 is **15 January 2012**. If you miss this date you will have less chance of getting the school that you prefer.

From **12 September 2011** you can pick up a copy of the autumn 2011 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

To make sure you apply on time, **apply online.**
www.eadmissions.org.uk





Make time and **go online**

A national campaign to get more people online is taking place across the country.

As the country turns the clocks back an hour on Sunday 30 October it can be argued that we all have an extra hour in our day. Go On Give An Hour asks internet savvy people to do exactly that and help someone else learn the basics of online interaction.

In the last decade, the web has evolved to become part an essential part of our daily lives. Whether you like to look for jobs, shop or Skype, the possibilities of what you can discover when you go online are almost limitless. UK digital champion, Martha Lane Fox, said: "We are delighted that Sir Robin Wales and Newham Council are supporting the campaign. The average household can save up to £560 a year by shopping and paying bills online. Ninety per cent of jobs require basic internet skills and people with good ICT skills can earn up to ten per cent more than people without such skills. It's never been more important to get online."

In support of the month-long campaign, Newham Volunteers are poised at

keyboards across the borough and trained and ready to hand web newcomers the knowledge they need to navigate the World Wide Web.

If you know your way around the web you're bound to know someone that doesn't. You don't need to be a Newham Volunteer to make a difference. Go On Give an Hour and you could change someone's life.

Join our digital champions

Hourly drop-in sessions take place at:

Newham Dockside, 1000 Dockside Road, E16

Monday 31 October, 5-8pm
Wednesday 2 November, 5-8pm
Thursday 3 November, 4-8pm
Monday 7 November, 5-8pm
Wednesday 9 November, 10am-12noon
Thursday 24 November, 5-8pm
Monday 28 November, 5-8pm
Wednesday 30 November, 5-8pm

Stratford Connexions, 49-51 Broadway, E15

Wednesdays, 10am-12.30pm

East Ham Connexions, 6 High South, E6

Thursdays, 10am-12.30pm

Katherine Road Community Centre, Katherine Road, E7

Fridays, 11am-1pm and 1.30-3.30pm
Thursdays, 11am-1pm and 1.30-3.30pm

If you'd
like more
information
on Newham



Volunteers or would like to offer your skills and become one of our digital champions visit www.newham.gov.uk/volunteering

**To find out more about
Go On Give An Hour visit
www.go-on.co.uk/giveanhour**



IS THERE SOMETHING ON YOUR MIND? YOU CAN MAKE A DIFFERENCE

**Call Crimestoppers 24/7 on 0800 555 111 to give information
anonymously on gun and knife crime in Newham.**

**You could receive a reward of at least £150 and up to £1000 if the
information you give to Crimestoppers leads to an arrest and charge.**

Make Newham a safe place to live work and stay.

Who's the DADI?

Ordinary men are being transformed into super dads at special DADI (Dad's Are Doing It) Days where they learn what to expect as an expectant father.

DADI Day sessions take place on the last Saturday of each month at one of the borough's 25 Children's Centres and are open to all Newham fathers waiting for the arrival of their first or subsequent baby.

DADI Day is about more than just learning what's in store when your bundle of joy arrives. Papas learn how to support their partner during pregnancy, labour and birth, and get to grips with how to be a doting dad.

As well as learning how to help with things like breastfeeding, Dads are taught how to bathe their baby, change nappies and put baby to sleep safely.

During the hands-on day of parenting, dads also have time to discuss their parenting styles with other fathers and reflect on the effect their fathers had on their childhood, either privately or within the group.

Papas preach

.....

Khin Lwim, Plaistow

"My wife saw a poster and said I have to go and learn about caring for the baby.

"I've learned a lot from the workshop and made lots of friends. I never handled a baby before. I've seen relatives do it before but I've never done it myself."

Arun Sadhasivam, East Ham

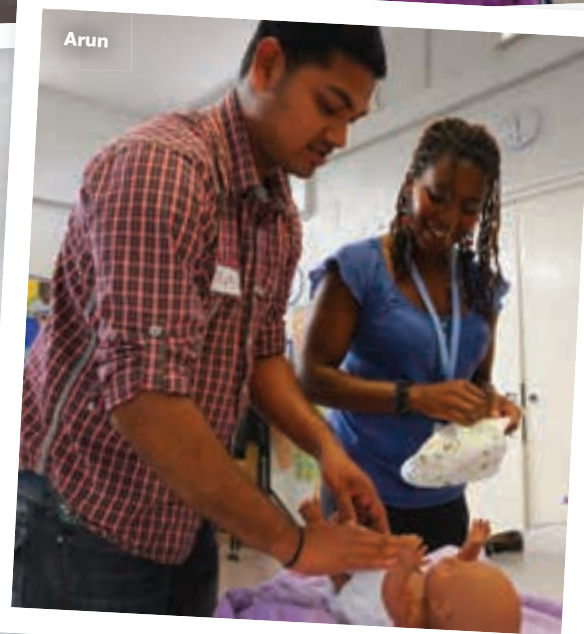
"I saw a poster for DADI Day in the hospital when my wife was going for a scan. Everything is very new for me and the course has given me confidence. It has prepared me to help my wife when the baby comes."

Jameel Moreea, Forest Gate

"I've been to an antenatal course with my wife and wanted to see what DADI Day was like. I want to be as prepared as possible before the birth of my baby. Washing the baby was good practice and I learned some good things about child car safety too."



Khin



Arun



Jameel

Dates for DADI

Our next DADI Days take place from 10am-4pm on 26 November and 17 December. If you're an expectant father call 020 3373 0286 to book your free place.



Newham in pictures



1 Oh baby! A tiny tot enjoys a storytelling session at the refurbished Canning Town Library. **2** Neon night: new horizons for Stratford. **3** Budding talent: a young man leaves them standing at ExCeL's Worldskills. **4** Pen-sive planning for 2012 at Let's Get the Party Started. **5** Stealing the limelight: ArcelorMittal Orbit towers high.

Taking care

As a small child, Yanik Beya and his sister were sent from their home in the Democratic Republic of Congo for a better life here in Newham. When things didn't work out, he was placed in the care of Newham Council from the age of seven. Despite his rocky start, Yanik went on to flourish, attaining a sparkling set of GCSEs including an A* and six As, and building a lasting relationship with his foster parent.

As an adult he founded his charity, the Imhotep Foundation, and is drawing on his experiences to form the basis of a toolkit – workshops and books – that he wants other young people leaving care to use to make the best of their lives. Based on empowering care leavers and other vulnerable young people to take control of their lives, Yanik's work has seen

interest from the BBC and Barnardo's.

What inspired you to create the toolkit?

I met lots of young people coming out of the care system with a feeling of entitlement. You get a lot given to you in care, but when you leave, you suddenly have to make all your own decisions

and you're not prepared; that's when the problems usually begin. Care leavers don't usually have the support that most other young people have – they don't have family they can go to. They have the worst outcomes statistically in life – they are overrepresented in prison, for example. I wanted to create a toolkit and workshop to provide some of that support.



construction, using my wages to fund travel, the materials and training that I needed. I became a qualified trainer and quit my job in February, and since then I've been gaining training experience before getting the workshops up and running and finishing the book.

Where are the workshops going to be held?

We deliver the workshop where the young people are. This includes community venues, prisons and youth offenders' institutes.

What would care leavers gain from doing the workshops?

The workshops are aimed primarily at care leavers, but also at young people who are not in education, employment or training – or NEETs – and those leaving youth offenders' institutions. These are the most vulnerable young people in society. I was once one of those young people and I felt so angry at the world. But once you feel empowered to take control of your life, you don't feel angry any more. That's what I'm aiming to do. We also offer peer mentoring and self defence. And the people doing the workshops will also be able to get an accredited qualification, equivalent to a GCSE.

What's your advice to care leavers?

My advice would be: police your own behaviour and don't follow others. Listen to yourself, have confidence, educate yourself and be the difference you want to see in the world.

How did you make that into a reality?

A lot of organisations speak for care leavers but they haven't been in care themselves. They have good intentions but in my opinion they don't understand the emotional side of being in care.

The first thing I set up was the Awareness and Empowerment (A&E)

workshops. When I had the idea I spoke to the NCY Trust young people's charity, which ran my home, about it. They were very supportive. I trialled the workshops at NCY Trust and used the evaluation feedback forms to get funding from UnLtd, a charity that provides funding for community orientated projects.

At the time I was still working in

If you're interested in finding out more, visit www.imhotepfoundation.org.uk, email ybeya@imhotepfoundation.org.uk or call **07950 840 891**. For more information about fostering visit www.newham.gov.uk/fostering

Turn to page **24** for information on adoption.



Creating families

People adopt for many reasons. They could be a couple wishing to share their home with a child; they might be a gay or lesbian couple who want a family they may not otherwise be able to have; they could even be a single person who wants to give a child a stable, loving home. Whatever your reasons, adoption is one of the most worthwhile things you can do.

Adoption is a legal procedure where parental responsibility is transferred to the adopters. It provides children who cannot be raised by their own parents with a new family of their own.

Whatever your culture, race, religion, sexuality or marital status, as long as you're over 21, you can apply to adopt. You don't need to own your home or be in employment but you need to have the space to provide a permanent, stable and caring home for a child.

Adoption doesn't happen overnight. It's important that you're fully prepared and understand the life-changing step you're about to take. Newham's adoption team is there to support you every step of the way. Prospective adoptive families, including the adopted child, can access support up to three years after the Adoption Order has been granted. This can include counselling, advice and ongoing support from the adoption team.

Five steps to adoption

Call – ring 0800 0130 393 and answer some basic questions.

Visit – an experienced social worker will visit you in your home.

Training – you'll be invited to a group training session where you'll meet other adopters and prepare to welcome a child into your home.

Assessment – a social worker will support you through the assessment process. A report will be created and you'll be interviewed by our adoption panel.

Family – if your adoption application is approved the adoption team will then start finding you a child.

Hannah and Barbara's story

"It sounds clichéd but we decided to adopt because there are children out there that need homes.

"We saw an ad in the *Newham Mag*. I remember keeping it for ages and then saving the number in my phone for a few months before I called. It was a real step into the unknown – we didn't know what to expect or how long the process would take, we just wanted to start the ball rolling.

"It took just over a year to become adopters. At times it was frustrating but we never thought of giving up. As part of the process we had four days' training. It was very good as it helped get into the mind of the adopted child and see things from their perspective.

"Once you've been approved you're given a

magazine filled with pictures of children waiting to be adopted. It was shocking but reaffirmed that we were doing the right thing.

"We deliberately chose to adopt an older child as the older a child, the less likely they are to be adopted."

"We deliberately chose to adopt an older child as the older a child, the less likely they are to be adopted.

"The first time we met Kieran we visited his foster family with our social worker. The night before we'd made a pop-up book of the thing he likes – Fireman Sam and Peppa Pig. The only knowledge he had of us was through that book and our photos.

"Some days are easy, others are harder, but that's how it goes when you're a parent."

"Kieran came home just before Christmas. It snowed last year, which made everything all the more perfect.

"Some days are easy, others are harder, but that's how it goes when you're a parent. We're going on a course for second time adopters as we'd like another child to join our family."

Find out more

If you'd like to find out more about adoption or fostering come to our information evening on Tuesday 22 November from 6-8.30pm at Newham Dockside, 1000 Dockside Road, E16. Get all your questions answered by our team of experts. There will also be a short presentation on the assessment process. Light refreshments and parking will be available. For more information about adoption visit www.newham.gov.uk/adoption or call 0800 0130 393.

are you
my forever
family?

Tea Dances

Put on your dancing shoes and come along to our tea dance programme to get active and have fun

- **Friday 11 November 2011 (Remembrance Day)** – Old Town Hall Stratford, 1.30-4.30pm
- **Monday 12 December 2011 (Christmas Tea Dance)** – Old Town Hall Stratford, 1.30-4.30pm
- **Monday 16 January 2012** – Old Town Hall Stratford, 1.30-4.30pm
- **Tuesday 14 February 2012 (Valentines Day)** – Old Town Hall Stratford, 1.30-4.30pm
- **Monday 12 March 2012** – Old Town Hall Stratford, 1.30-4.30pm

Time: 1.30 – 4.30pm (except Central Park)

Venue: Old Town Hall Stratford/Central Park

Cost: £2 per person (including free raffle)

Places are limited, so book early.

For more information please call leisure services on 020 3373 7511.



Newham London



thenewhammag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk



Newham London

Rented property licensing - what do you think?

Whether you are a private tenant or landlord, or a Newham resident or business we want your views on Newham Council's proposals to license private rented properties.

The proposed scheme aims to reduce anti-social behaviour in properties owned by landlords who do not operate in a professional way and fail to comply with the law.

We need to hear from you. You can view details of this consultation, which runs until 4 December 2011, and respond at www.ors.org.uk/survey/newham



Tel: 01792 535300

a place where people choose to
live, work & stay



Banging autumn

This autumn, make sure your Halloween and Guy Fawkes' Night celebrations don't go up in smoke; follow our guide to staying safe and steering clear of toil and trouble.

Remember, remember...

- > Always act responsibly, especially where fireworks or naked flames are concerned
- > Only buy fireworks marked BS 7114
- > Keep fireworks in a closed box
- > Follow the instructions on each firework
- > Light them at arm's length, using a taper, and stand well back
- > Never go near a firework that has been lit
- > Always supervise children around fireworks
- > Light sparklers one at a time
- > Never give sparklers to a child under five
- > Keep all pets indoors and at nightfall close all windows, cat

flaps and curtains and put on some music to mask and muffle the outdoor sounds. Do not fuss over your pet as this will convey to them that there is something to fear

- > **Anyone using fireworks to harass, intimidate or cause damage or behaving anti-socially is committing a criminal offence, which can be punished by a £80 fixed penalty notice or a £5,000 fine.**

Sizzling stats

Last year, a joint operation between the council, the police, London Fire Brigade and other partners saw a quieter Halloween and Fireworks night. Reports of inappropriate use of fireworks and egg throwing fell by 50 per cent, and we saw a 36 per cent reduction in calls regarding fireworks-related ASB, from 176 reports in 2009 to 113 in 2010.

This year, the council and police will be patrolling to ensure your safety. If you witness any crime or anti-social behaviour

or know of any illegal bonfires being built please get in touch:

- > **call the ASB hotline on 0800 731 3300**
- > **email asb@newham.gov.uk**
- > **visit www.newham.gov.uk**

To report non-emergency crime call **0300 123 1212**. In an emergency call **999**.

Come along to our free Guy Fawkes Night Fireworks display on Saturday 5 November, Wanstead Flats, Centre Road, E7. Gates open from 6.45pm, display starts at 7.45pm. Event entrances are on Centre Road and Dames Road (no access from Lake House Road). There is no public parking but blue badge parking is available before 7pm. Please use public transport. No dogs or personal fireworks are allowed on site.



Dementia care in your own home

Dementia is not just about losing your memory; it is a condition that also affects thinking, language, judgment and behaviour. Alzheimer's disease is the most common type of dementia. Dementia can be a disorientating and confusing illness for sufferers and difficult for friends and families as their loved one goes through the disease. Although it can not be reversed, there are ways to support a sufferer to lead a better life.

The NHS in Newham through NHS East London and the City has been talking to Newham residents with dementia, their families and their carers. You've said how important it is to you for sufferers to stay in their own homes as long as possible.

At the beginning of October the NHS launched a consultation on improving in-patient services for people with dementia in east London and the City, called Older People, Modern Services. It aims

to change the way in-patient services for people with dementia are provided across east London, so more resources can be put into treating people in their own homes.

The NHS proposes to improve services by closing underused in-patient wards in Newham, Hackney and Tower Hamlets and providing, high-quality services from a single base at Mile End Hospital. The money saved will be invested in services

in the community, including treating people at home.

To tell the NHS what you think about dementia services you can download the document and give your views online at www.towerhamlets.nhs.uk/dementiaconsultation, by emailing consultation@elc.nhs.uk, or by contacting NHS East London and the City patient advice and liaison service on freephone **0800 389 3093**.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090



Newham London

Newham council will MOT your vehicle £40 for Newham residents

Contact us on **020 8472 0343**

Appointments only

Class 4 vehicles only (cars)

Central Depot, Jenkins Lane, Barking, Essex IG11 0AD

Newham London

Want to become a British Sign Language Interpreter?

The Language Shop, in partnership with Action on Hearing Loss, is delivering a British Sign Language Interpreter Training Programme at Newham Dockside. Newham residents will receive priority and financial support.

This programme is for you if you have completed Level 3 NVQ Certificate in BSL (or equivalent) and want to take the next step towards becoming a qualified interpreter.

You will need to attend an Information and Selection Workshop on Saturday 26 November 2011 or Saturday 3 December 2011 - 9.30am to 4.00pm (£100 fee).

Once selected there will be a further 27 days in total, which will be delivered at weekends between January and December 2012.

Residents of Newham will pay a commitment fee of £970, refundable on completion of the programme. For other candidates the full programme costs £2,970.

For more information and to book a place please e-mail communication.training@hearingloss.org.uk or call 020 7296 8268.



the newham mag

To advertise here call Julie Madell
on **07890 529 090** or email
julie.madell@newham.gov.uk

Shake yourself awake and win Zumba classes

Zumba, the fitness craze that combines Latin rhythms with an active workout, has come to the Old Town Hall, Stratford. The early morning classes will run in the main hall from 7.15-8.15am every Thursday from 10 November to 22 December. Classes cost £6, or you can save by paying £35 for seven classes upfront.

We have five classes to give away free to two lucky *Newham Mag* readers. Just email 'Zumba competition' to newham.mag@newham.gov.uk or write to Zumba, Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2QU before Friday 4 November. Include your name, age and address; over 16s only.

For more information go to www.salsapam.com, call 07916 327 541 or email pam@salsapam.com



1000s of jobs on offer

The London Organising Committee of the Olympic Games and Paralympic Games (LOCOG) is inviting residents to apply for thousands of jobs to support the delivery of next year's Olympic Games.

There is a huge demand for workers to ensure the 2012 Games are the best the world has ever seen. Most of the roles are short-term opportunities starting from April 2012 and include roles for the London 2012 ceremonies company.

Are you a student or a stay-at-home parent? Have you been out of work for a while or want to enhance your CV? If so, there are a variety of jobs available for people of all skill levels to take advantage of this unique chance to be part of the long-anticipated Olympic and Paralympic Games.

If you're unemployed, Workplace, the council's job brokerage scheme can help you find work. Visit www.newhamworkplace.co.uk to register or call 020 3373 1101 for more information. For all LOCOG job opportunities visit www.london2012.com/jobs where posts are updated daily.



Paralympic Games



Learn to relax

Banish the stresses and strains of modern life with a five-week course on meditation techniques. Everyone is welcome to take part and learn breathing techniques, how to relax in different postures and yoga to aid sleep.

The classes start on Monday 31 October, from 1-2.30pm, at North Woolwich Learning Zone, 78 Albert Road, E16. For more information call 020 8257 4180. Fees are £22.50 for the course or £3.75 if you are in receipt of benefits. Job Seekers Allowance claimants are free.

Win a pair of tickets to Top Gear Live!

For fans of fast cars, it doesn't get much better than Top Gear Live, and we have 20 pairs of silver tickets to give away to see Jeremy Clarkson and friends in the flesh at Custom House's ExCeL from 24 to 27 November. Competition tickets will be valid for Thursday 24 November. The competition closes on Friday 4 November.



For your chance to win, simply email competition@topgearlive.co.uk with **NEWHAM RESIDENT** in the subject line. For terms and conditions go to www.topgearlive.co.uk/newham-competition-ts-a-cs

If you don't win, don't worry, Newham residents can claim £5 off silver tickets by quoting the code EC98 when booking via www.topgearlive.co.uk or 0871 230 5588 (maximum of nine tickets. Booking fee applies. Calls cost 10p per minute plus network extras).

Schools celebrate Newham's diverse languages

More than 1,000 pupils from Portway, Rokeby and Stratford schools celebrated the tenth anniversary of the European Day of Languages.

The Plaistow-based Shpresa Programme serving local Albanians, Kosovans and Macedonians, performed at the schools with presentations, dancing and competitions. These were complemented by poetry from the newly established Polish School in East Ham, supported by Mypolacy Centre.

Portway Primary School has regularly won the Government's International School Award for outstanding development of the international dimension in its curriculum.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY

Winner



Faiza Hafsa, 12



Rabia Basri Khalid, 7



Saburhan Akin, 11



Anon

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordsearch



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Costume
Fairy
Flight
Goodness

Head-dress
Magic
Shoes
Size

Stockings
Wand
Wings
Wishes

Jokes

What time is it when an elephant sits on a fence?
Time to fix the fence

What do you call a fish with no eyes? Fsh

Why did the sparrow go to the library? It was looking for bookworms

by Alfie Sadler, 7

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

28 OCT – 11 NOV

TRY SOMETHING NEW... HOP, SKIP AND PUNCH

Are you looking for a new way to stay trim? If you're aged over 16 enjoy our free hop, skip and punch boxing fitness classes. There are three sessions every week so tag along to for a fun way to stay fit.

Mondays, 5-6pm

Field Community Centre, Field Road, E7
Call 020 8536 2800

Wednesdays, 5-6pm

Beckton Community Centre,
14 East Ham Manor Way, E6
Call 020 7511 1214

Fridays, 5-6pm

Katherine Road Community Centre,
Katherine Road, E7
Call 020 8548 9825

For more information visit: www.newham.gov.uk
or email: Getactive@newham.gov.uk



ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday
2-3pm

The Gate Friday
11am-12noon

Green Street Thursday
10.30-11.30am

Manor Park Thursday
10.30-11.30am

North Woolwich
Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

East Ham Tuesday
10am-12noon and Thursday
10am-12noon

Imaginative Play

East Ham Friday
10.30-11.30am

ADULT READING

Adult Reading Groups

The Gate Tuesday 1
November 6.30-7.30pm

Plaistow Thursday 3
November 6.45-7.45pm

OTHER GROUPS

Click-On – computer

sessions for over 50s, contact the library to book a place

East Ham Friday 10am-12noon and 2-4pm

Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries

The Gate Thursday 10am-12noon

Knit & Natter – craft group for men and women of all ages and abilities

Canning Town

Friday 10am-12noon

Movie Night at The Gate – free showing the film 'Fast and Furious 5' (Cert.12A) based on Graphic novel Racer X by Frank Miller Mark Hayman.

The Gate Thursday 3
November 6pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow Thursday 4-6pm

Games Clubs

– Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for

eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-5.30pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

LIBRARY CONTACTS

Custom House Prince

Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341

Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Archives and Local Studies

(limited postal and email service only) Phone: 020 3373 6881
Email: archiveslocalstudies@newham.gov.uk

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre, E6

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School, E7

Tuesdays, 5.30-7.30pm

Newham Leisure Centre, E13

- Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School, E7

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre, E13

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham

Leisure Centre, E6

Fridays, 6-8pm, St Angela's

School, E7

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre, E6

Thursdays, 7-9pm, St

Bonaventure's School, E7

Fridays, 6-8pm, St Angela's

School, E7

Each session costs £1. Contact

Caroline on 07958 307 657 for more details.

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park, E15

- Coaching and competition,

8-19, Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham United Community Astro Turf (Beckton), E6

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham United Community Astro Turf (Beckton), E6

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham United Community Astro Turf (Beckton), E6

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague, E6

For more info visit

www.airfootball.co.uk

Ascension Football Academy

For info call Beryl Callison
020 7511 1232.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

Basketball

Newham All Star Sports

Academy (NASSA)

Junior programme

Gifted & Talented

8-11yrs boys/girls

Cumberland school,

Oban close, E13

Fridays, 4.15pm-5.30pm

U13/14, Thursdays 4.30-6.30pm and Saturdays 10am-12.30pm

U15, Thursdays 5.30pm-7.30pm, Newham Leisure

Centre, 281 Prince Regent Lane, E13

U16/18, Monday 5.30-7.30pm

Rokeby School, Canning Town

E16 4DD

Senior Men/Women

Programme

Division 2 Women and Division 3/4 Men

Monday 7.30-9.30pm

Rokeby School, Barking Rd, E16

For details contact coach

Chris on 07703 503 995

or Coach Aurimas on 07712

176 301

Basketball in the Community

Open to boys and girls - £1 each session (term-time only)

Monday

National League

U14, 6-8pm, Rokeby School,

Barking Road, E16

Tuesday

National League

U16, 6-8pm, Rokeby School,

Barking Road, E16

Thursday





Fencing

National League
U14 boys, 4.30-6pm; U14s girls, 4.30-6pm; U16, 6-8pm, all at Newham Leisure Centre, Prince Regent Lane, E13
U18, 6-8pm, Cumberland School, Oban Close, E13

Friday

Gifted and Talented
Ages 8-12, boys and girls, 4.15-5.30pm, Cumberland School, Oban Close, E13

Saturday

Ages 8-14, boys and girls, 10am-12pm, Newham Leisure Centre, Prince Regent Lane, E13
For more info or call Chris 07703 503 995 or Coach Aurimas 07712 176 301

Handball (free)

- *Newham Flames, Tues U15, 3.30-5pm*
U18, 5.30-6.30pm
Newham Leisure Centre, E13 (Multi-Sports Hub)
Call Ari Bekker on 020 8430 2484

Multi sports (free)

Newham NSP
- *Handball, football, competition 5-7pm, 8-19*
Wed, Stratford Park, E12
- *Coaching and competition 4-5.30pm, 8-19*
Fri, St John's Community Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- *Get Set Go Group, 11-16*
Mon, 4-5.30pm, £1
- *Met Track 10-17*
Fri, 4.30-6pm
- *Newham and Essex Beagles Athletics Club, 10+*
Mon and Wed, 6.30-9pm;
Sun, 10am-1pm
Email jacqueline.ramsden1@btinternet.com

Cricket

- *Tapeball cricket league (free)*
11-15, 16+, 6-9pm
Kingsford Astro Turf, E6
- *Newham Cricket Club*
Monday 5-7pm
8-16, £2 per session
Flanders field, Napier Road, E6
Visit www.newham.gov.uk for information.

Boxing

West Ham ABC - community boxing, 11-19 years
FREE Olympic style amateur boxing sessions. Improve your fitness and make new friends in a safe friendly non-contact environment.
Hathaway Community Centre
Hathaway Crescent, E12
Wednesdays, 7pm
Ascot Community Centre
Hermit Road, E16
Saturdays, 2pm
Email carl.barton@newham.gov.uk or call 020 8430 2000 (ext 36034) for more details.

- *West Ham Boys ABC*
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High Street, E13

Call Lianne Jameson on 020 8472 3614

- *Peacock ABC 8-years +*
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call Martin Bowers on 020 7511 3799

- *Newham Boys ABC*
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House

141 Church Street, E15
Call Ravinder Atwal/Joe Chapman 020 8519 5983
- *Fight For Peace 11 years +; boys and girls*
(Phone for session details)
Woodman Street,
North Woolwich, E16
Call Marigold Ride on 020 7474 0054

Contact clubs before visiting

Free non-contact boxing

Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.

Osmani Boxing Club is open to males aged eight to 25
Fridays, 4-6pm
Froud Centre, 1 Toronto Avenue, E12

For more information call 020 7247 8080 or email healthyfutures@osmanitrust.org

Newham Swords

Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.
Tuesday 6.30-9pm
Thursday 6.30-9pm
Friday 7.30-10pm
Call Linda on 07956 618 898 or visit www.newhamswords.co.uk

Dare 2 Dance

Free street dance classes for girls aged 14-24 including break dance, krump, waacking and popping.

Newham Leisure Centre (New Indoor Multi Sports Centre), 281 Prince Regent Lane, E13
Friday 3.30-5.30pm (3.30 - 4.30pm Open Technique Class, 4.30 - 5.30pm Choreography Class)

For more information contact Nicole on 07970 783 526 or email nicole.napier@newham.gov.uk

Newham Striders

Free, sociable walking group that go striding in the local area seven days a week. Visit www.newham.gov.uk, email paula.peaty@newham.gov.uk or call 020 8430 2000 for more information.

Newham Shoujin Karate Sessions for beginners:

Wednesday 4.30pm-5.30pm (4-15), term time
Thursday 6-8pm (16+)
Friday 6-7pm (4-15) & 7-8pm (16+)
Sunday 10-11am (4-16+)
Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638 or visit shoujin.co.uk

WCKD Karate & Self Defence Institute

Teaching Freestyle Karate and self defence

All levels including beginners
Children (5-9 yrs) £3.50 Weds 5-6pm & Sat 11am-12noon
Juniors (10-15 yrs) £5 Weds 6-7pm & Sat 12noon-1pm
Adult classes also available.
Maryland Studios, 84-86 Leytonstone Road, Maryland, Stratford, E15 1TQ
Call 07535 928297 or email wuchikwondo@gmail.com for more information.

Ramgarhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm
Little Ilford School
Church Road, Manor Park, E12



Karate

Juniors

Fridays, 6-7.30pm

Adults (Beginners/Intermediate)

Fridays 7.30-9.30pm

Langdon School, Sussex Road, East Ham, E6

For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

Adult Badminton (16+)

Sunday, 11am-1pm

Froud Centre, Toronto Avenue, Manor Park, E12

All standards welcome.

Call Hilda on 020 8553 3223 or e-mail hildasilcock@hotmail.co.uk for more information.

OPA Netball Club

Tuesdays

Under 16s: 6-7pm and over 16s 8-9pm

Matches in Essex Met League/Three Swords League on

Saturdays

Lister Community School, St Mary's Road, Plaistow, E13

All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club@hotmail.com

Run in England - all £2

For more details email oimafidon@runinengland.co.uk or call 0797 926 1647

Monday, 4-5.30pm, Newham Leisure Centre E13, meet on the track

Tuesday, 6-7pm, Newham Leisure Centre E13, meet on the track

Wednesdays,

12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception

5.30-6.30pm, Newham Leisure Centre E13, meet on the track

Saturdays, all 10-11.30am:

Central Park E6, meet at the café, Wanstead Flats, meet at Harrow Road Changing Pavilion West Ham Park E15, meet at south gate entrance off

Portway

Sunday, 10am-12 noon, Newham Leisure Centre E13, meet on the track

East End Road Runners - for all abilities

Tuesdays, 7pm,

meet on the track at Newham Leisure Centre, Prince Regent Lane, E13. Annual membership £10. Members: £3 per session/non members £4.

Women United FC (16+)

Mondays (Term time only)

6.00-7.15 Kingsford School, Kingsford Way, E6. Call Shona Pollock on 07968 665849

Woodside

Badminton Club

Fridays 8-9.30pm

Carpenters Docklands Centre 98 Gibbins Road, E15.

Intermediate and club standard players welcome.

Call Steve 020 8514 1586. £5 waged/£3 unwaged

Cycling - sessions and guidance

Wednesdays: 11am, 12.15pm and 1.30pm

Free, all equipment provided F13 Waterfront Studios, 1 Dock Road, E16

Call 020 7055 0808 or visit www.careinmind.org.uk

Female only sports sessions

Girls only spinning sessions

Indoor cycling - work at your own pace. Ages 11-16

Mondays and Wednesdays, 4-4.30pm. Newham Leisure Centre, Prince Regent Lane, E13 Call 020 7511 4477 for more info

Women's gym sessions

Free supervised gym sessions for girls only (induction must be completed first). Ages 11-16 Tuesdays and Thursdays, 3.30-5pm. Newham Leisure Centre, 281 Prince Regent Lane, E13 Call 020 7511 4477 for

more info

Female only box-fit classes

Improve your fitness and make new friends at our free box-fit sessions.

Ages 16+. Mondays, 4.15pm - 5.15pm. Balaam Leisure Centre, Balaam Street E13.

For more info call Carl Barton on 020 3373 6034.

Zumba Fitness

Monday 8pm-9pm

Hartley Centre, 267 Barking Road, East Ham, E6 1LB

Wednesday 8pm-9pm

Hartley Centre, 267 Barking Road, East Ham, E6 1LB

Sunday 7.30pm-8.30pm

The Well Centre, 49 Vicarage Lane, East Ham, E6 6DQ

Classes are £5 each adults, children £3. Minimum age: 7 years. Call UnityZumba on 07886 884 573

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players.

Wednesday and Friday evenings, 6-8pm

Rokeby School, Barking Road E16 4DD

Call Eda on 020 8472 0058 for more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Family swims for disabled children and adults

Newham Otters Swimming Club, Sat, Newham Leisure

Centre E13, 4.45-5.45pm

For more information call 020 8552 3195

£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm

For details call Zeenat on 07528 562 902

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brompton Manor School, E6, from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre, E6 from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions

Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham Leisure Centre, E6, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure Centre, E13, free.

ARTS LISTINGS

Stratford Circus

Vampirates

Come dressed as a Vampire for our fancy dress competition as well as other treats. Vampirates performance Saturday 5 November, 3pm Stratford Circus, Theatre Square,

Stratford, London, E15 1BX
£7 for Newham residents (8 +
years). Family ticket £23
For more info visit www.stratford-circus.com or call
0844 357 2625

OTHER

The Well's Belles & Beaux Choir

Everybody can sing

Open to everybody. St. Mark's
Church, Tollgate Road, E6
Thursday 3 November £3.50

Newham's Biggest Leaf Pile Saturday 5 November

Guided nature walk, 12 noon
Leaf piling competition
12.30-2pm (with play in
the pile afterwards). Seasonal
craft event 2-4pm. All at West
Ham Park, Portway, E15.

Park in the Dark

Friday 9th December at

4.30pm. Lantern making
session with glow bracelets,
followed by lantern
procession through the park
and refreshments at the
bandstand. West Ham Park,
Portway, E15.

EVENTS FOR CARERS

Mental Wellness Workshop

How to overcome low mood

Thursdays 5.30-7.30pm,
Stratford Advice Arcade, E15
Manage your Mood
Monday mornings 10.30am-
12.30pm, starting 14 November,
Stratford Advice Arcade, E15

Tai Chi

Wednesday mornings 10.30-
11.30am, starting 28 September,
St Mark's Centre, Beckton, E6

Emergency Aid for Carers

A certificated First Aid course
Thursdays 10 and 17
November, Stratford Advice
Arcade, E15

For more information
and to book your free place
please call Jackie on 020
8519 0811 or email jackie@newhamcarers.org.uk

Nordic Walking organised by Age UK

Tuesday mornings on The
Greenway. Wednesday
mornings on Wanstead Flats.
Friday mornings, Plashet Park,
E6. Carers and other residents
are welcome to attend the
walks after an induction.

To arrange an induction
or for more information call
Joan or Bee on 020 8586
8858/8853

COMMITTEE MEETINGS

All meetings take place at

Newham Town Hall, Barking
Road, E6, unless specified

Tuesday 1 November

Regeneration and
Employment Scrutiny
Commission, 7pm, Committee
Room 2
Health and Social Care
Scrutiny Commission, 7pm,
Committee Room 1

Thursday 3 November

Mayoral Proceedings, 10am,
Council Chamber

Tuesday 8 November

Children and Young People
Scrutiny Commission, 7pm,
Committee Room 1

Thursday 10 November

Newham Community
and Police Forum, 7pm,
Committee Room 1

MEET THE MAYOR

Meet Sir Robin

**Thursday 3 November, 12-
1pm,** Stratford Local Service
Centre, 112-118 The Grove,
E15

Speak to Sir Robin

**Wednesday 9 November,
9.30-10.30am.** Residents can
telephone 020 3373 8444
between 9.30am and 10.30am
and speak directly to Sir Robin.

USEFUL NUMBERS

020 8430 2000

Hundreds of services,
just one number – for all
council enquiries

For questions about
councillor surgeries or to
find out which ward you live
in, call 020 8430 2000 or
visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at
Newham Town Hall,
Barking Road, London,
E6 2RP or email
mayor@newham.gov.uk

For information about
Community Forums
freephone 0800 519 4015 or
email community.forums@newham.gov.uk

For information about the
2012 Games and how it will
affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social
behaviour – anything that
causes your local area to
look unsightly or makes
other residents' lives
unpleasant – call Newham's
24-hour hotline on
0800 731 3300

To speak to the Newham
Mag team, call 020 8430
2000 or email newham.mag@newham.gov.uk

Question Time with Sir Robin

A public forum for Newham
residents to quiz Sir Robin about
issues in the borough.

**Saturday 5 November, 10.30-
11.30am** (Doors open at 10am),
Council Chamber, Old Town Hall, 29
Broadway, E15

**Monday 7 November, 6.30pm-
7.30pm** (Doors open at 6am)
Council Chamber, Old Town Hall
Stratford, 29 Broadway, Stratford
E15 4BQ

LITERALLY LEARNING

If you want to improve your written English sign up to
the Hamilton Road Centre's new writing course.
There's no induction, just come along to the first
session and see how you get on.

Writing for fun

Tuesdays from 1-29 November, 7-9pm

English Literature classes will take place
from 9 January. Classes take place at
Hamilton Road Centre, 1 Hamilton Road,
E15. Classes are free for those in receipt of certain benefits or £3 for people in work. For
more information call 020 3373 6508 or 020 373 9706.



Question Time

Your questions to the Mayor

Have you ever wanted the chance to meet the Mayor of Newham, Sir Robin Wales, and question him about the issues that affect your area?

Here's your chance. Sir Robin is holding borough wide Question Times, giving you the opportunity to put your questions to him.

Question Time

Saturday 5 November

10.30am to 11.30am
(Doors open at 10am)
Council Chamber,
Old Town Hall Stratford,
29 Broadway,
Stratford E15 4BQ

and

Monday 7 November

6.30pm to 7.30pm
(Doors open at 6pm)
Council Chamber,
Old Town Hall Stratford,
29 Broadway,
Stratford E15 4BQ





Guy Fawkes Night

FREE Fireworks display

Saturday 5 November

Wanstead Flats, Centre Road E7

Gates open: 6.45pm Display: 7.45pm

Event entrances on Centre Road and Dames Road (no access from Lake House Road)
No public parking; blue badge parking available before 7pm. Please use public transport.
No dogs or personal fireworks allowed on site.

020 8430 2000

www.newham.com

By kind permission of The City of London, Conservators of Epping Forest



*Brought to you by the
Mayor of Newham*